



Macaroon Tart Shells

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 egg whites
- 0.3 cup flour all-purpose
- 0.5 cup sugar
- 2 cups coconut or sweetened flaked
- 1 teaspoon vanilla extract

Equipment

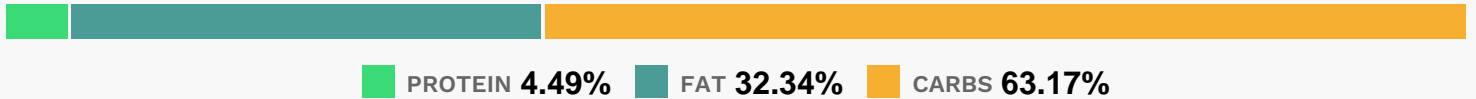
- bowl
- frying pan

- oven
- wire rack
- muffin liners

Directions

- Combine first 5 ingredients in a bowl; stir well. Spoon mixture evenly into 12 muffin cups coated with cooking spray, pressing mixture into bottom and up sides of muffin cups.
- Bake at 400 for 15 minutes or until edges are browned. (Do not overbake.) Cool 2 minutes in pan on a wire rack.
- Remove from pan; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:7.26, Inflammation Score:-1, Nutrition Score:1.6486956485264%

Nutrients (% of daily need)

Calories: 109.72kcal (5.49%), Fat: 4.03g (6.2%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 16.23g (5.9%), Sugar: 13.61g (15.13%), Cholesterol: 0mg (0%), Sodium: 48.84mg (2.12%), Alcohol: 0.11g (100%), Alcohol %: 0.48% (100%), Protein: 1.26g (2.52%), Manganese: 0.16mg (7.76%), Selenium: 4.21µg (6.02%), Fiber: 1.47g (5.89%), Copper: 0.05mg (2.38%), Vitamin B2: 0.04mg (2.28%), Magnesium: 8.39mg (2.1%), Iron: 0.34mg (1.91%), Potassium: 62.74mg (1.79%), Phosphorus: 17.75mg (1.77%), Vitamin B1: 0.02mg (1.52%), Folate: 5.39µg (1.35%), Vitamin B3: 0.26mg (1.3%)